

MORE THAN
JUST A PIECE OF
PAPER SAYING
“QUALIFIED”



EUROPEAN INSTITUTE OF FITNESS
BE MORE.

COURSE
BROCHURE

01789 268 068

www.eifbemore.com



WELCOME

Welcome to the European Institute of Fitness, and I hope you discover the inspiration and confidence you are looking for to make the leap and retrain as a Personal Trainer in this exciting and rapidly growing industry.

Darren Jebbenham
Founder, European Institute of Fitness

INTRODUCTION

There are many different courses to qualify as a personal trainer. However, the piece of paper saying “qualified” isn’t enough. We offer a bespoke program of learning and support to help our students stand out and so thrive not just survive as serious fitness professionals.



1. ABOUT EIF

We have been training world class trainers since 2005. We have centres in the UK, in Europe and in the Maldives. Our online program now provides the flexibility of home study with the benefit of receiving personal mentoring to master your new chosen profession as well as business mentoring along the journey too.

3000 graduates in more than 30 different countries around the world.



Nationally and Internationally Recognised. All graduates can join CIMSPA / REPs UK, European REPs, Fitness Australia, REPS New Zealand indeed can work anywhere in the world.

FOCUSAWARDS

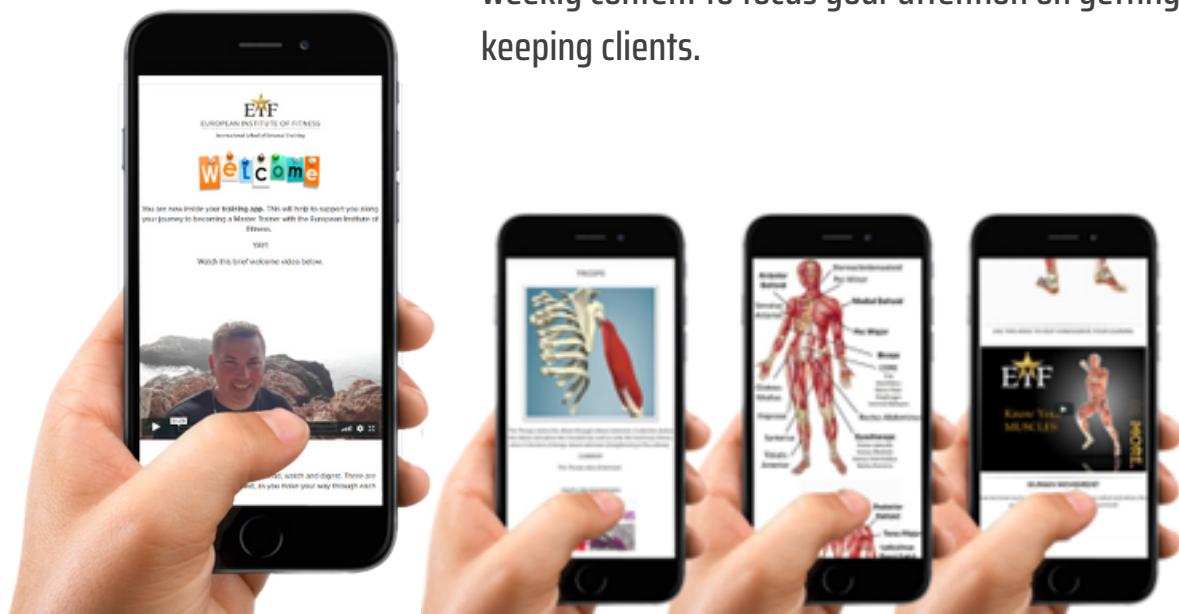
2. ABOUT THE COURSE

Study online and then attend a 4-day in-person practical at Gloom Fitness in Stratford Upon Avon.

10 week flexible home study. Flexible learning in your own time (approximately 4-6 hours a week) with one-on-one tutorials scheduled to help you make sure you fully understand and can apply what you learn.

4-day in-person practical intensive. An intensive experience to complete your training ensuring full practical competence. Includes assessments and business mentoring.

12 week graduate coaching program. Help and support after you graduate including fortnightly drop-in Zoom coaching calls, one-on-one mentoring and continued weekly content to focus your attention on getting and keeping clients.



MASTER TRAINER

All set up and ready to earn. We help you set up as a professional freelance trainer and get you your first 10 paying clients using our proven marketing and sales systems we use for our fitness studios and online fitness businesses we also run.



Ed Eley
EIF MASTER TRAINER



www.eifbmore.com



Chris Tipping
EIF MASTER TRAINER



www.eifbmore.com



Simone Douglas
EIF MASTER TRAINER



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Gina Miles
EIF MASTER TRAINER



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John McGovern
EIF MASTER TRAINER



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Afro + Farah
EIF MASTER TRAINER



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3. ABOUT YOUR FUTURE

Many of our graduates own their own PT studios whether a boutique studio on the high street, converted conservatory or garage or larger facility on the outskirts of town.

Many operate as mobile trainers using the great outdoors, train clients in their own homes or at their place of work.

In more recent years we have many graduates operating in the online space. You can create a fully automated, semi-automated or completely live experience as an online coach. And we'll teach you how.

You don't need to know precisely your route just yet. You just need to get excited at the thought of doing something you love for a living, deciding your own hours and enjoying the flexibility of being your own boss.



MASTER TRAINER

MEET YOUR MENTORS

Darren Tebbenham, BSc, MSc

Darren has been qualifying people in fitness since 2000. Formerly a University lecturer, Darren has worked as a Personal Trainer in Europe, in Australia and here in the UK with thousands of hours of experience as a trainer and coach.



During the 4 years he spent living in Australia he worked at Vision Personal Training, one of the largest PT studio chains in the world. Darren has been a PT at the Hilton in Regent Street, London and ran a mobile PT business in Spain before opening Gloo Fitness with Allison. Suffice to say Darren's experience is extensive.

His Masters degree is in psychology and he drills the importance of behaviour change throughout the program with tools and skills to ensure his students master this element also.

Allison Rumgay, BA

Allison is also co-founder of Gloo Fitness. Previously, Allison ran Zig Zag Women's Fitness & Motivation turning over £100k annually. Allison is a graduate from the University of Bangor and is an international speaker and inspiring leader in the field of women's fitness and motivation.

Allison also runs a nutrition coaching program for women aged 45-60 who want help as they enter and navigate their menopause transition. Allison has worked overseas spending 10 years as a PT on the Algarve in Portugal.

Together Darren and Allison have more than 50 years of industry experience to share with you to excite, support and graduate you an EiF Master Trainer!

MASTER TRAINER

THE QUALIFICATIONS

You will gain your Master Trainer certification including Focus award Level 3 Diploma in Personal Training.

Includes Level 2 and 3 combined -

- + Nutrition & weight management certification
- + Postural retraining & corrective exercise
- + Special populations (diabetes, obesity, older adults, arthritis, osteoporosis, pregnancy and adolescence)
- + Mental Fitness (mental strength & resilience)
- + Lifestyle modification specialist award



NEXT START DATES

January 6th 2025 with April practical.

March 24th 2025 with June practical.

July 7th 2025 with September practical.

August 25th start with November practical.

INVESTMENT

£2990 - the total investment for full certification and mentorship. Nothing more to pay.

Huge discount applies on all 2024 enrolments. Please enquire.



SUMMARY

MASTER TRAINER

The most comprehensive PT diploma in the world.



Learn how to stand out not fit in as a world class trainer and business owner.

SUMMARY

RETRAIN WITH CONFIDENCE

More than just an ordinary PT course.



Get confident, stand out and learn the business of Personal Training with EiF!

www.eifbemore.com